

# May 2021

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
	<a href="#">Dairy Free</a> <i>(12-130pm EST)</i>			<a href="#">Vegetarian</a> <i>(730-9am EST)</i>	Monthly Facebook LIVE with Chef Dawn and Chef Kenzie	
9	10	11	12	13	14	15
	<a href="#">Quick and Easy 1</a> <i>(7-830pm)</i>		Registration Deadline for Sunday May 16 Meal Prep Groups	<a href="#">Leftovers &amp; Cooking for One</a> <i>(12-130pm EST)</i>		
16	17	18	19	20	21	22
<a href="#">Sunday Meal Prep Group A</a> 10-12pm <a href="#">Sunday Meal Prep Group B</a> 2-4pm	<a href="#">Vegetarian</a> <i>(12-130pm EST)</i>			<a href="#">Dairy-Free</a> <i>(730-9am EST)</i>		
23	24	25	26	27	28	29
	<a href="#">Quick and Easy 1</a> <i>(12-130pm EST)</i>		Registration Deadline for Sunday May 30 Meal Prep Groups	<a href="#">Leftovers and Cooking for One</a> <i>(730-9am EST)</i>		
30						
<a href="#">Sunday Meal Prep Group A</a> 10-12pm <a href="#">Sunday Meal Prep Group B</a> 2-4pm						

**PRICING AND REGISTRATION**  
*Click on each option to reserve your spot.*

[Sunday Meal Prep Group: \\$49/session \(shopping list, one-week meal plan, and prep list included\)](#)

Monthly Q&A Facebook: FREE

[Monday and Thursday Classes: \\$29 \(Includes resources, one-week meal plan, and prep list. Additional \\$6 for downloadable video, additional \\$35 for 5 personalized meals\)](#)

[One-on-one session: \\$125/session, includes one hour meal planning session with Chef Kenzie Osborne and 5 personalized AH meals](#)